

TRAIN : Qinghai Tibet Railways

JOURNEY : Beijing to Lhasa (& vice - versa)

Journey Duration : Upto 3 Days

Day to Day Itinerary

Day 1 - Board the train from Beijing

The train departs from Beijing West Railway Station. Train Z21 from Beijing to Lhasa departs at 19:53. It takes about 1 hour to check in as the train takes about 1000 passengers. Please be sure to arrive at the train station 1 hour and a half before the train departure. Your Tibet Permit will need to be checked when you check in. Stay overnight on the Train.

Day 2 -Train to Lhasa

It is quite a long journey that will take about 43 hours, two days and two nights on the Train. On the first day you will pass through two important provincial capital cities in northwest China, Lanzhou and Xining. Xining is known as the beginning of Qinghai-Tibet Railway. Traveling along the rail line, you could see the scenery of the countryside and city in northwest China. The last stop for today is Xining, where you will arrive at about 14:59. Stay overnight on the Train.

Day 3 Scenery View of Tibet Railway

Arrive in Lhasa at about 11:36. Today, you will witness the most beautiful scenery of the Qinghai-Tibet Railway. The land of snows, the desert, the grassland, Snow Mountains and the lakes will continually appear and strongly attract your heart. You can continue at Lhasa on your own or take an extension of the trip with 3 nights Lhasa Package.

Train Timetable:

Beijing to Lhasa

Station	Arrival	Departure	Stop Time	Days	Distance
West Beijing	-	19:53	-	Day 1	-
Shijiazhuang	22:30	22:36	4 min	Day 1	291 km
Taiyuan	00:18	00:26	6 min	Day 2	516 km
Zhongwei	06:56	07:16	20 min	Day 2	1263 km
Lanzhou	12:19	12:31	14 min	Day 2	1569 km

Xining	14:59	15:24	25 min	Day 2	1785 km
Delingha	19:13	19:19	6 min	Day 2	2306 km
Golmud	21:33	21:58	25 min	Day 2	2615 km
Nagchu	07:44	07:50	6 min	Day 3	3435 km
Lhasa	11:36	-	-	Day 3	3757 km

Lhasa to Beijing

Station	Arrival	Departure	Stop Time	Days	Distance
Lhasa	-	15:50	-	Day 1	-
Nagchu	19:24	19:30	6 min	Day 1	322 km
Golmud	06:09	06:34	25 min	Day 2	1142 km
Delingha	08:46	08:52	6 min	Day 2	1451 km
Xining	13:10	13:45	25 min	Day 2	1972 km
Lanzhou	16:13	16:31	18 min	Day 2	2188 km
Zhongwei	21:31	21:37	6 min	Day 2	2494 km
Taiyuan	03:50	03:59	9 min	Day 3	3241 km
Shijiazhuang	05:47	05:55	8 min	Day 3	3466
West Beijing	08:28	-	-	Day 3	3757 km